



Press firmly downward with the thumbs.

EVERY woman knows that the outlines of her throat cannot only make or mar her ciaim to leauty, but they are the dreaded finger marks of middle age, and, though the may carefully guard the secret of her age, her efforts will be useless if she neglects to preserve the condition and outlines of her throat.

Of course, there are a fortunate few who have slender throats that seem to carvive the ravages of time without any great amount of care, but these are exceptions, and the average woman may begin to expect that dread harbinger of age a double chim-by the time she has reached the early thirties.

NOTE THE FIRST SIGNS

Almost as much to be dreaded is the angular neck with dark fiabby skin. The most beautiful throat loses most of its charm unless the texture of the skin is the and the color creamy-white.

The first signs of a double chin may be easily noted by looking at your profile in the mirror, and when they appear it is time to begin the combat. The first task is massage. Begin with the reduc-tion movement. The strokes should be vigorous and downward, very different a the gentle massage which develops. After this, the throat should be freely bathed with clean alcohol, which should be applied by brisk patting movements. Every night before retiring exercise the neck for officen or twenty minutes. The following form of motions should be made with vigor. Each the head way back, then throw it far forward; bend it first to the right and then to the left until the ear almost touches the shoulder.

The woman who feels a double chin coming must learn to carry her head up. Nothing is more encouraging to a dou-ble chin than letting your chin sink on your breast. Lift your chin, and keep it lifted. I know of a determined little woman who literally check-reined her hend back for a short time each day, until she was able to keep it up with-

until she was able to keep it up without forgetting. She arranged simple
bandages, which were taken back over
her head and pinned firmly to the back
of her collar.

There are bandages which help to coax
the double chin back to shapeliness. To
make such a compress, cut out a heavy
piece of cloth to fit your chin. Pass the
cloth under the chin and fasten on top
of the head, cutting slits for the ears.
This is an excellent way of applying an
astringent lotion, or soaked with cold
water or clear alcohol it can be worn
during the night, and will keep the fat

water or clear alcohol it can be worn during the night, and will keep the fat from accumulating.

There is an ugly state of double chin, called the brisket chin. The fat has been massaged away, but the loose skin remains and droops. This sagging bit of skin is anything but pretty, and it should be treated with a good astringent lotten. One of the simpleat lottons is made by taking orange flower water and shaking it milky with benzoin. It requires only about six drops of benzoin, and the skin will feel as though it were contracting after the application.

VOICE CULTURE HELPS

Voice culture will do much toward preventing the appearance of a double chin, and it is a well known fact that great singers, and also actresses—who, of necessity, spend such time in cui
ing voices—usually have beautiful of the dread enemy.



Tan position acties o double chin





Drouraging doubt chin.

Health and Hygiene --- Canoeing

THE VARIOUS EXERCISES AND POSTURES NECESSARY IN THIS SPORT DEVELOPS ALL PARTS OF THE BODY

By Dr. Emma E. Walker.

TO ONE should canoe without first learning how to swim. The cance, though very unstable in the hands of a beginner, really to a lifeboat, for when it capsizes it will float and keep its crew above water.

The position of the paddler and the tain extent the muscles which take part. You may use either the double-bladed the former you get a double-sided mo-tion, while with the latter you confine your exertions to one side of the boat

Here, again, with the double-bladed paddle comes in the splendid side movement, or twisting of the trunk. This is most beneficial in its results, as it stimulates the internal organs very effectively, as well as exercising various

Padding develops the upper back, the muscles of the arms and wrists, while even the legs share in the work in cer-

ways risky for a girl. Sitting is the most comfortable position, and is the common method when using the doublebladed paddle. But, wh tever attitude you assume, the back must remain

Little teaching is necessary for the motion of paddling, as it comes very naturally. The muscles of the abdomen are thoroughly exercised. Indeed, they all violent. The cramp in the wrist that you may feel at first will pass off after a few days' practice, and there is no

The cance possesses several advantages over the rowboat. It is delightfully convenient for exploring country where the waters are not deep, for it may be used in the shallowest stream.

may be used in the shallowest stream.

An expert can paddle almost noise-lessly, so that, for hunting, it is most valuable, and did you ever watch the birds from a cance? For you can sup in upon them unawares, and you are always facing the point toward which you are moving.

A few girls who spend the summer in Canada have become so expert with the cance that they can "shoot" some of the rapids in the St. Lawrence.

Paddling has most of the advantages of rowing. The deliciously pure air that you enjoy in both rowing and paddling is one of the priceless features of aquatic pastimes.

Beauty Don'ts

Don't wear your hair always same style; a change of method ficial to the hair, and to let it to ly about the shoulders is an

Don't follow fashion blindly in region to colifure, if you would have artispreportions and bring out the best pressions of the face.

Don't part the hair in the middle if you are round-faced and chubby. This only emphasizes the disk-like appearance.

Don't hesitate to shape an ugly for head to beauty with a fluff of soft wave or curls, crowned by a half wreath, it dress-up occasions.

Don't use the eyes before break Don't wear flowers of any and color. If the hair is like the rav

Don't work longer than two hours without closing the eyes and resting them for five minutes.

Don't use the eyes when they are tired or weak from illness.

Don't face the light when reading or

Don't neglect to bathe the eyes before retiring, so as to remove any dust that may have gathered on the lide during the day.

Don't allow a cold, raw wind to strike Don't try to get a cinder out of the eye by rubbing the injured orb; rub the other eye.

Don't sleep too much or too little; too much sleep weakens the eyes; too little fatigues them.

Harmless Liquid Powder Recently I noticed in the paper a reference to the "Lely White Sain," a liquid powder. Can you give me the formula for prejaining the name, or tell me where it can be bought? and oblige. Mrs. H. R. Lily White Lotion.

ure calds of sine, I cunce; glycerin, I If drops, dissolving it in just should be streamed of the reservator to cover it, then add the glycerin, text the remainder of the resewater, beat the remainder of the resewater. Shake well and apply with a soft spenge or an antiseptic gause. The face must be well wheel wheel of hefore the fluid dries, or it will be streamed.

Disfigured by Freckles Please publish as soon as possible a remedy for removing frackles. They discure my features a great deal. H. H.

Lemon and Glycerin Lotion. Or Light Freekles and Sunburn;
Citrio and Genon; 3 draws, hot water,
It courses, bester, 2 draws, from the person
Dissairs the anid and borax in the series the anid and borax in the citrion
through a jelly hag after twenty-rour hours,
decant the clear piction and said the giverin. Apply as often as agreeable.

Grateful Correspondent

Tou have beined so many others, I wonfer if you could grare a few minutes on
me. I have liver spots—his brown places—
th my face, which came there when my
face, which came there when my
fact third was born, aid they have never
gene away. I have tried such a list of
famps but nothing seems to do any good.
My busts are also very small, and I have
need whete so posity have been benefited by
Ir. Vaucaire a last remedy. What is this
remely, and where can I outsin it? I have
only been taking the paper since January I,
and while I have currefully read everything
in hips that I outsid find a recipe for the
remely. I have hever seen it. I would be
no very granteful if you could give me any
help. I dur columns are indeed, of you to
take so much interest in our troubtes.

Mrs. X. H. T.

The brown patches you describe are
probably due to a disordered liver, and

probably due to a disordered liver, and although the lotten for which I am givalthough the lother for which I am giv-ing you formula is excellent for remov-ing these patches, it will not effect a permanent cure if the trouble is from within. You had better take internal treatment to correct the seat of the trouble. I am giving you the Vaucaire remedy, which you can have filled by any reliable druggist.

To Remove Moth Patch. Cocce butter, 10 grams; castor oil, 15 mms; caster of mine, 25 centigrams white scipitate, 16 centigrams, essence of res. a dropt.

Apply to the meth petch night and mera-Dr. Veucaire's Remedy.

Liquid extenct of galega (goateros), is grams; facto therephate of lime. It grams, tincture of these, is grams, simple syrup-on grams. The close is into accumposation with mater before each meal. Mr. Vaucairo also actions the crimaing of mait natross during meals.

Wkitening Cream

I have received so much benefit from your page that I take the liberty of asking you how to make cucumber cream. If you mill be me knew I will be greatly obliged.

Cucumber Lotion or Gream. Expressed judge of recumbers is plant to the property of the p

Mrs. Symes' Talks on Health and Beauty Subjects Harmless Liquid Powder Talks on Health and Beauty Subjects Harmless Liquid Powder The postures that you may take are various. You may fit flat in the canoe, which makes it quite stable. Or you may kneel on it quite stable. Or you may kneel on the time of the dread enemy. The postures that you may take are various. You may fit flat in the canoe, which makes it quite stable. Or you may kneel on the time of the dread enemy. The postures that you may take are various. You may fit flat in the canoe, which makes it quite stable. Or you may kneel on the time of the dread enemy.

Bust Too Large

Would you please tell me what to do to reduce the bust, and greatly chilge. BELLE. The following pomade has been used with satisfactory results by many of my correspondents. Frequent applications of clear alcohol will also help to reduce the bust.

Pomade to Reduce the Bust. Indide of potasetum, I grame; vaselia, 50 grams; tinetury of benzoin, 20 drope. Make into a pomade and apply twice a day.

To Remove Scars

Will you kindly answer the following? It is you know of any remedy for scars caused by smallpox? Also something that will take away discoloration of the sain from the same disease? I would be very grateful for an answer to these questions.

A SUBSCRIBER. I fear treatment by a skin specialist would be the only method of removing would be the only manage with a good the scars. Daily massage with a good cream would no doubt improve the appearance of your skin and render the scars less noticeable. The witch hasel cream, formula for which is frequently published in this department, is excellent.

Hair Too Oily

I hope you will find time to answer my letter. My hair is a light red, and I would like to have it darser, and it also has an edity effect to it. Will you kindly toil me what to use or get for it—something that wan't injure the hair? Yours truly C.M. O. Lotion for Oily, Damp Hair.

For greasy, moist hair the following to an excellent drying lotton. If used fally, it tends to produce a crispy condition and an autumn shade.

Foundaries bitarbonate of sods, borate of sods also powdered, it counce of each; eau or compile. I thuis counce, alconos, i fluid cunces; thecture of eachineal, is fluid cunces; theretare of eachineal, is fluid cunces; that water, if cunces.

Mix and agitate until solution is complete.

Lost Formulas

I have indivertently missaid clipping con-taining formum of massage cream. If you will sindly reprint same, also recipe for ocap tonic, will eneruse more care in pre-serving them, I. e., the clippings. My hair is naturally fine and thin, is failing or earning out donly also theres. U. R. Z. I repeat the formulas with pleasure:

Massage Cream. Lancita, Fis curious: operanacett, & ounce; white vassitia. Fis ounces; occupant oil, 8 custom aware almost oil, 2 custom, tincture of benness, where almost oil, 2 custom, tincture of benness, of an first the first five ingredients sogether, but until the mass concretes, adding the benness, drup hy drop, during this present. Extract of violet or any partition may be added if agreeable.

Tenne for Falling Hair.

Phonic acid. 2 grains: tincture of man visited. To grains: tincture of red cinchons. In grains: tincture of red cinchons. In grains: tincture of earthurides. 2 grains: cologie. 120 grains: smoot almost off. 60 grains.

Apply to the race of the bair with a soft specially good for twee a fact. The latter is suppositely good for very day.

A Good Cold Cream

Please give recipe for witch hazel cream, as I did not get it. Will borax injure the hair? What will make the hair dry and fluft? I wash it every two weeks, but it always nocks oily. I have light heir, but would like black. If possible, can you give me a harmless due that will derken it? If you answer my questions I shall be very much pleased.

A pinch of borax in the shampoo water will not injure the hale and will

water will not injure the hair and will tend to make it light and fluffy. Howtend to make it light and fluffy. However, care should be taken to rinse the
hair thoroughly. There are some excellent powders in the market which
help greatly to keep the hair fluffy in
summer. I advise you to be content
with the color of hair that Nature has
bestowed upon you, and anink you would
be foolish to experiment with it. Am
giving you formula for witch hazel
cream as requested.

Witch Hazel Cold Cream.
One some each of white was and mor-

One ounce each of white wax and sper-maceti, a pint of oil of almonds.

Melt, pour into a mortar which has been heated by being immersed some time in boiling water. Very gradually add three cunces of rosewater and one conce of witch hasel, and assiduously silr the mixture until an emulsion is formed, and afterward until the mixture is nearly cold.

This cream is particularly useful to heat sore or stretched skin.

Refreshing Toilet Water

Will you hindly publish in your columns a good formula for tollet water to use on the face after manage with erange-down cream? My skin is not at all oily, but inclined to be soft and flatby pasticularly on the need under the chin. I shall be much indebted for something not difficult to obtain, as everything cannot be had out in Arity re. Please answer soon to The soilet water for which I am giv-ing you formula is excellent for the pur-pose for which you require it.

Lavender Water. Oil of lavender, 4 fluid drame; alcohol, 60 fluid ounces; reservator, 18 fluid ounces; magnesium carbonate, 1 sv. cunca.
Triturate the oil with the magnesium carbonate, add the alcohol, then the resewater, and filter.

Annoying Trouble

Annoying Trouble

I come to you with my first complaint, a very annoying one, that i hope you will have a remedy for. I have a very agivinosing nose, termine it is red most of the time. from no apparent reason, as I am gordectly well-good digestion, bowers in good condition, wear no tight clothing, est very little fat or spicy food and drash case cup of codice a day. I am a very busy weman in my home, but do take time to have the complexion brush. This is where my trouble has, my nose is a sight after I get through, although I go very gently when washing it. Sometimes it is red only right on the paint, and perhaps a pimple or two will appear, making it twice as red. It certainly needs the brush, as the here are large and inclined to be ofly, but the least friction causes an apparently local inflammation. I inclose a self-addressed carelope, and if you can send me something I will be very thankful.

The skim on your nown is evidently too temer to stand the use of a complexion brush, and I advise you to use the lotion which I recommended to "P. W." elementer on this page. This is excellent for the enlarged poren, and will help the redness and oily appearance of the skim.

To Improve the Complexion

should only apply the remedy where they are large or over the entire face? I would also like to ask you to give me something for the face to keep it in good condition and how to use it. In bathing the face at night, do you use only warm water, or do you use after warm water cold water?

Use the lotion for enlarged pores which I am giving you. It is only necessary to apply it to the parts affected. The orange-flower cream formula, which so frequently appears in this departso frequently appears in this department, is excellent for whitening the skin and keeping it in good condition. It should be rubbed in thoroughly, and the face wiped with a soft cloth afterward, until all trace of the cream has been removed.

If the face is washed during the day, especially just before going out, it is better to use cold water the last thing. At night, before retirring, rinse with warm water only, and rub in a little of the cream afterward.

Lotion for Enlarged Pores.

Boric acid, 1 dram; distilled witch hast.

Boric acid, 1 dram; distilled witch hasel, ounces. Apply with a piece of old lines, or a bit of absorbent cotton.

To Improve Eyebrows and Eye-

lashes I am considered a good-looking girl, but have very poor eyebrows and eyelashea. Will you please tell me something to make my eyelashes? Tours truly. The eyebrow and eyelash etimulant, for which I am giving you formula, has proved successful in many instances. To darken the brows, use Chinese eyelash stain.

Cintment for Scant Eyebrows. Vaselin. I ounces: tincture of can-therides, & ounce; oil of lavender, 15 drops; ell of rosemary, 15 drops. Min thoroughly, Apply to the erabrows with a tiny toothorneh once a day until the growth is sufficiently stimulated. Then less often.

growth is sufficiently stimulated.

often.

often.

This contiment may be used for the eyetashes also. In this case it should be very
carefully applied. It will inflame the eyes,
car any cil will. If it gets into them.

Chinese Eyelash Stain. Own arabic, I dram; india ink, is dram; gonewater, i cunces.

Powder the ink and gum and triturate small quantities of the powder with the rosswater until you get a uniform black fleuid in a powder, and then add the remainder of the rosewater to it. It should be applied with a very time amel's hair brash.

Troubled With Warts and

Bunions In last week's issue you gave a recipe for the cure of wars. The paper was degreed before I get a copy of the recipe. Will you singly sand it so me?

Can you mention anything to cure a banion. Have tried everything, but have met with poor success. R. W. H.

I repeat the formula for wart cradicator, as requested, and am also giving you one for bunions and a few general directions in regard to bunion plasters, which, I think, you will find helpful.

Wart Eradicator.

Sublimed sulpher, 130 grame; gipostis, Build drame; seekle seekl, I field dram. Apoly repeatedly for several days. The set will dry up and drop of. Bunion Cure. Treatment for Bunions. Get a hunion plaster of the drugglet and hick with the etterns around the inside sircle or opening. Moster the plaster and puties over the busics. Put a small wedge

Answers to Her Many Correspondents

of felt between the great toe and the second toe, which will throw the foot more into shape. It will greatly relieve the pressure on the joint.

Draw the etocking on carefully. When you put your since on you will discover that the enlarged joint does not begin to show as much with the plaster on as without. And all pain and irritation are prevented by wearing the plaster, which makes it impossible for the leather to come in contact with the sore joint or irritate it.

Blonde Hair Too Oily

My hair is inclined to be very city on top.

The braid is very light, on the golden shade, and on the top the encessive oil darkens it so it looks like two kinds of hair. I read your answer, and mine being blonds hair, instead of auburn, I was atraid to use the same recipe, so will you kindly give me a remedy for city or damp hair, and how to keep it light on top?

The lotion for which I am giving you formula is excellent for oily hair and will not change the color. I also advise you to shampoo your hair about twice a week with the following mixture:

Lotion for Oily Hair.

Lotion for Oily Hair. Alcohol, 2 cunces; witch hasel, 3 our records, 16 grains.
Rub well into the scalp daily.
Shampoo for Oily Hair. Yolk of one egg, one pint of het rain water, spirit of rusemary, I ounce. Beat the mixture thoroughly and use it warm. Rub it well into the scalp and rinse with several clear waters.

Lily-White Skin Will you kindly publish again the formula for hily-white skim, as I have lost the pa-per containing it? For Whitening the Skin—A Liquid

fram; resewater, a cuncer; is drops. Sift the sine, dissolving it in just enough of the resewater to cover it, then add the giverib, next the remainder of the rese-water. Shake well and apply with a soft spenge.

Pomade to Reduce Fat

In regard to the pomade you advise to reduce the bunk, will may I purchased action, and started to use it, but the dimensity I found with it is in sever seems to dry. I would pot it on at highl, and when I get up in the morning it was still wet, so that I did not feel, like putting on more, as it would not dry all day, and sold the undervest.

Now, have you ever heard of this trouble before, or have I made a mistake in missing mane, or what I should very much like to rectuce my boust, and shall start using it again as soon as I bear from you. Also hirdly tell me how long dae would have to use it to see any results. I would also like your advice on snother matter. I have a dark brown upd on my nose that has just come lately, and would like to know what you think it is not what would remove it and not lingue the skin.

The pomade to reduce the bust should

The pomade to reduce the bust should be rubbed well into the pores fwice a day. You can then wipe it off so that it will not soil the underclothing. It is impossible to say how long it will require to get results, so the time varies in different cases. If the brown sout on your nose is of the nature of a mole you will need the services of a skin specialist for its removal; if it seems

to be a freckle or moth patch, follow the directions for treatment so often pub-lished in this department.

How to Apply Hair Stain. How to Apply Hair Stain.

I notice in last week's paper a recipe for restoring the hair to its natural color after having bleached it. The one to which I refer is "A Physician's Prescription." and the directions for using are that the dyschould be applied to the roots only. What I do not understand is this: How will the whole hair become stained by simply applying to the roots? Should not the whole head of hair be stained first? A reply in the beauty column as soon as convenient will greatly obligs

The full directions for using the "Physician's Prescription" are as follows: "Apply to the roots of the hair with a small brush, then spread it evenly downward through the treases with an ordinary hairbrush.

Wants Hair Lighter

Will you kindly tell me what I can do to make my hair one shade lighter? Inclosed you will find a lock of it. Also, what will make my eyebrows and eyelashes black? I am a girl of II, and weigh 129 psunds. Isn't that too much? I would like something to reduce my weight. I am too stout for my height.

Challet. my height. DAIST.
Shampoo your hair about once in two weeks with the shampoo given below. For your eyebrows and eyelashes try the Chinese stain. I am giving you a little set of rules in which you will find many valuable hints for the reduction of fiesh.
Bules for the Beduction of Flesh.

Rules for the Reduction of Flesh.

Avoid all starchy and sweetened food, all cereals, vegetables containing sugar or starch, such as pean beans, com, potatoes, etc. Have your bread toasted, springs it with sait instead of butter. Milk, I regret to say, if it be pure and good, is fattening. Sum milk may be drunn. Hot water is an excellent substitute for other liquids. Add a little of the laice of limes or lemons to it, if you choose. Limit your sleeping hours to seven at the outside. No mass. You must take exercise.

If you cannot walk at least five miles a day, and do not wheel, go to one of the institutions where mechanical message is given. Several of my correspondents report excilent results from this method of getting the vigorous exercise they require. The system is thoroughly wholesome and not aspensive. In reducing flesh the one fact to recollect is that fat is carbon—outgen destroys or latros out carbon. Tou must consume the carbon by the oxygen you take through your lungs. The more exercise the more oxygen and consequent destruction of fat by the one healthful method of curing ebesity.

The more starch and sugar you cat the more carbon to burn away.

Shampon.

White castile soap, in shavings I cancer water. It concests potassium carbonate, if grains; boras. 139 grains; cologbe water, I cunces, bay rim, I cunces. Dissolve the map in the water and add the other ingredients. Rub well into the roots. Rinse theroughly in several waters. Then dry carefully.

Oily Skin and Blackheads My face and neck are covered with a growth of superfluous hair. I use tweegers, but the more I take out. It seems as if twice the number comes in. I have long fine hairs on my neck. My skin is oby, and I am troubled some with blackhouse. Can you give me a remedy? In a face brush any help, and what hind is best? Is there my special kind of near?

To remove the superfluous hair on from any reliable druggist.

I am giving you formula which is excellent for blackheads, and will also improve the city condition of your skin.

The face brush is a great help in the care of the complexion, and any perfectly pure soap is good.

Anxious About Color of Hair Would you please tell me what color year would my the inclosed sample of hair in?
And, also, if the pyregallic acid dye is permanent? How often do you have to use it?
Is it dangerous to the scalp or hair?
The sample of hair you inclose me is chestnut brown. The pyrogallic hair dye is not dangerous when used according to directions. It should be applied as often as required to retain the desired color of hair.

Annoyed by Moles and Scars Will you kindly give me a remedy for re-moving moles and chickeness scars? I have tried the peroxide hydrogen for moles, but it does not seem to help them. Waiting for a reply in next week's insite, I am YOUR READER. I know of nothing that will remove moles except treatment by electricity. The remedies so often published by me are for moth patches, which yield to treatment much more readily than Moles.

Massage Lie scare frequently with the cream for which I am giving you formula, and use the cintment for scare

ence a day. Massage Cream. Lanciln. 2'4 ounces: spermacett, & ounce; white vaselin, 2'4 ounces; coccannt oil, 2 ounces; sweet almind oil, 2 ounces; tincture of benacia, 1 dram.

Meit the first five ingredients together, beat until the mass concretes, adding the benacian drop by drop, during this process. Extract of violes or any perfume may be added if agreeable.

Lanelin, 2 drams; cintment of binication f mercury, 1 dram. Stub in well cace a

Ugly Duckling

Ugly Duckling

Tour last letter has interested me greatly, but I think you are quite wrong to dwell so much upon your own estimate of your personal appearance. Ideas of beauty and ugliness are often as wide as the poice apart, and you may gain some consolation from the thought that you would, parhapa, he very pleasantly surprised if, for once in a way, you could see yourself as others see you. In any case, you should try to cultivate a bright and cheerful disposition, for you certainly won't improve your looks if you are always bemoaning to yourself your lack of regular features and a good complexion. Irregular features are eften attractive, and you might improve your complexion by leading an outdoor life, avoiding late hours and heated rooms, and eating simple food, with plenty of fruit and vegetables. If you really are as ugly as you say, try to forget all about your appearance. Devote yourself to making happier the lives of other people, and you will soon arrive at that beauty of kindly expression, which is better, after all, than mere pink and white loveliness.